



Friendship Heights

VILLAGE NEWS



**Swing Dance,
see page 2**

JUNE 2017

VOLUME 33, NO. 6

www.friendshipheightsmd.gov

301-656-2797

Tour Harriet Tubman Visitor's Center and enjoy a crab feast cruise on the Choptank

Join us as we visit Maryland's Eastern Shore to explore African-American history and the natural beauty and bounty of the bay on

Thursday, July 20.

We'll travel to the heart of the Eastern Shore to learn about Harriet Tubman, the "Moses of her people."

Our first stop is the Bucktown Village Store, the site of Ms. Tubman's first act of defiance and where she suffered an injury that would plague her throughout her life.

Next, we'll drive to Suicide Bridge restaurant where we'll board a paddlewheel boat for a three-hour crab feast along the Choptank River. The feast includes steamed crabs, fried chicken, crab soup, corn, cole slaw,

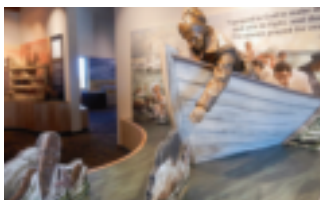
dessert and coffee, tea or soda.

Later, we'll take a self-guided tour of the newly opened Harriet Tubman

Underground Railroad Visitor's Center, which highlights her life and work as a liberator, leader and humanitarian.

We'll depart from the Village Center at 7:30 a.m. and return by 7:30 p.m.

The cost of the trip is \$148 and includes transportation, tour, boat ride, crab feast and gratuities. Residents and one guest may sign up immediately; nonresidents may sign up beginning June 14. There are 29 spaces available.



View the Byzantine and Pre-Columbian treasures and glorious gardens of Dumbarton Oaks

Explore the tranquility of Dumbarton Oaks in Georgetown as we visit its newly renovated museum and stroll through the exquisite gardens on

Wednesday, July 5.

We'll enjoy a guided highlights tour of the the museum, which houses a world-class collection of Byzantine and pre-Columbian art, then visit the gardens before they undergo large-scale improvements beginning July



10. Our tour is an opportunity to see both the museum and gardens before gardens close to the public until March 2018.

Continued on page 11, see Dumbarton

Decoding language among friends

Deboran Tannen, Professor of Linguistics at Georgetown University and best-selling author, will discuss her latest book, "You're the Only One I Can Tell: Inside the Language of Women's Friendships," at the Village Center on **Thursday, June 15, at 7:30 p.m.**

Dr. Tannen examines the ways women friends talk and how those patterns of communication can bring friends closer or pull them apart. Drawing on interviews with 80 women of diverse backgrounds and ranging in age from nine to 97, this book gets to the heart of women's friendships—how they work or fail, how they help or hurt, and how we can make them better. She also looks into how ways of talking that are common among men friends compare, and how those differences can lead to confusion between women and men.

Dr. Tannen is the author of many books and articles about how the language of everyday conversation affects relationships. She is best known as the author of "You Just Don't Understand: Women and Men in Conversation." This is the book that brought gender differences in communication style to the forefront of public awareness.

Copies of the book, provided by Politics and Prose Bookstore, will be for sale. RSVP by calling 301-656-2797.

AED training, see page 13

Get “In the Mood” for our swing dance

Join us for a fun evening of dancing the Jitterbug and Lindy Hop at the Village Center on **Friday, June 2, from 7 to 9 p.m.**


You don't need a partner or experience swing dancing. Champion dancers Tom Koerner and Debra Sternberg will treat us to a demonstration and a lesson and stay for an hour of dancing. Tom and Debra are the founders of Gottaswing LLC and have been teaching and performing for nearly 25 years. Wear comfortable clothing that does not restrict movement and flat, smooth-soled shoes that will stay on your feet securely. The cost of admission is \$10 per person; \$15 at the door. Children 7 to 14 are free, but must be accompanied by an adult. Light refreshments will be served.


Tea and Talk: Confessions of a museum director

Gary Vikan, an internationally known medieval scholar and former director of the Walters Art Museum of Baltimore, will discuss his book, “Sacred and Stolen: Confessions of Museum Director,” at the Village Center on **Monday, July 10, at 1 p.m.**

The memoir includes behind-the-scenes tales of museums: crooked art dealers, fakes and forgeries, thefts, bribery, and failed exhibitions. The cast of characters is long and includes the mysterious “Mr. R. Egrette” and “the Flea Market Renoir.”

After the program, please stay for tea. Copies of the book will be available for sale. RSVP 301-656-2797.

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the July issue is June 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Village Council members elected, begin new term

The Council election was held on May 8. Seven candidates ran unopposed, including six incumbent Council members. Following a swearing-in ceremony on May 15, the Council selected its officers for the 2017–2019 term: **Mayor, Melanie Rose White; Chairman, Mike Dorsey; Vice Chairman, John Mertens; Secretary, Paula Durbin; Treasurer, Kathy Cooper; Parliamentarian, Carolina Zumaran-Jones; and Historian, David Lewis.** Congratulations and welcome to the newest Council member Ms. Zumaran-Jones!

The Council also reappointed members of the Program Advisory Committee and Community Advisory Committee.

Meeting on Page Park trees

At the May 15 Council meeting, the Council began discussing the options for replacing the dead beech tree in the middle of Page Park. They decided to hold a separate meeting to address this issue. Four Council members and several interested residents met with our arborist on May 22.

After discussion, the Council members agreed to plant three crepe myrtles inside the circular wall. At the upcoming Council meeting on June 12 there will be a broader discussion on the community's future vision for the park.



The beech tree in the center of Page Park was recently removed. Three crepe myrtles will be planted inside the wall.

Possible development at 5550 Friendship Boulevard

At the Council meeting on May 15, a petition was submitted to the Council. The petition urges the Council to oppose any high-rise development at the 5550 property (known as Parcel 4). After some discussion, Council member Paula Durbin agreed to draft a resolution in response to the petition for Council



Kathy Cooper (seated); standing from left, Mike Dorsey, Paula Durbin, Melanie White, Carolina Zumaran-Jones, John Mertens, David Lewis.

consideration at the June 12 meeting.

On May 16, the 5550 property owners hosted an open house at the Wisconsin Place Recreation Center. There were conceptual sketches and renderings on display, which can be seen on their website, www.5550friendshipblvd.com.

5320 Willard Avenue update

In response to inquiries by the Village and other neighboring organizations, Casey Anderson, head of the Park & Planning Commission, pledged to remove the stockade fence in front of the house on the property by the end of June. We are told the fence will be replaced by a metal fence closer to the house, which will delineate the area maintained by the tenant.

Citizens Coordinating Committee on Friendship Heights

The Village recently joined the Citizens Coordinating Committee (CCCFH), a coalition of 19 neighborhood associations and towns. For more information on the organization's activities visit its website, www.cccfhmd.org.

The next Council meeting will be Monday, June 12, at 7:30 p.m. in the Village Center. The meeting is open to the public.

Tea and Talk: Coping with Parkinson's

When John Vine was first diagnosed with Parkinson's Disease 12 years ago, he wished for a non-technical, informative book about PD written from a patient's perspective.

He couldn't find one, so he wrote one: "A Parkinson's Primer: An Indispensable Guide to Parkinson's Disease for Patients and Their Families." Mr. Vine will speak at the Village Center about his book and his experiences on **Wednesday, July 5, at 2 p.m.**

Mr. Vine, a lawyer with Covington & Burling LLP, interviewed 22 other patients and their partners and included their stories and advice in "A Parkinson's Primer."

Following the program, please stay for tea. Copies of the book, which has been called "an extraordinary guide to living successfully with Parkinson's," will be for sale. RSVP by calling 301-656-2797.



A sampling of Montgomery College summer theater

Montgomery College Foundation hosts "Experience MC!" at the Village Center on **Wednesday, June 21, at 2 p.m.**, with a 2017 Summer Dinner Theatre ensemble showcase. Experience a taste of this season's Summer Dinner Theater offerings, "Into the Woods" and "Seven Brides for Seven Brothers." Students will perform a few scenes and songs from the productions and then share their professional aspirations and educational experiences at Montgomery College. Following the program please stay for light refreshments. RSVP by calling 301-656-2797.

Vision Support Group takes a summer break

Summer eye care tip from the American Academy of Ophthalmology: Wear sunglasses that block 100 percent of UV-A rays and UV-B rays.

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Joan Nathan to discuss her latest cookbook

Joan Nathan, once dubbed by the Houston Chronicle "the queen of American Jewish cooking," will discuss her latest cookbook, "King Solomon's Table," at the Village Center on **Monday, June 5, at 7:30 p.m.**

Ms. Nathan's cookbook is a collection of more than 170 recipes from countries including Yemen, Italy, India, France, Mexico and El Salvador. Her new book may be her most ambitious work; the title is a nod to the biblical King Solomon's love of cultural discovery.

Copies of the book will be available for sale. Please let us know you are coming by calling 301-656-2797.

The Village Book Club will meet on **Tuesday, June 20, at 11 a.m.** The book selection is "Hillbilly Elegy" by J.D. Vance. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, June 1, 7 p.m. — Movie — “Miss Sloane” —

In the high-stakes world of political power-brokers, Elizabeth Sloane is the most sought after and formidable lobbyist in D.C. Known equally for her cunning and her track record of success, she has always done whatever is required to win. But when she takes on the most powerful opponent of her career, she finds that winning may come at too high a price. Stars Jessica Chastain. Rated R. Running Time: 132 minutes.

Thursday, June 8, 7 p.m. — Movie — “The Founder” —

True story of how Illinois salesman Ray Kroc met brothers Mac and Dick McDonald, who were operating a hamburger restaurant in southern California in the 1950s. Kroc subtly maneuvered himself into a position to take control of their company, which grew into one of the world’s best-known brands after he bought the chain for \$2.7 million in 1961. Stars Michael Keaton, John Carroll Lynch and Nick Offerman. Rated PG-13. Running Time: 115 minutes.

Thursday, June 15, 7:30 p.m. — Book signing with Deborah Tannen —see page 1 for details.

Thursday, June 22, 7 p.m. — Movie — “A Monster Calls” — Conor is dealing with far more than other boys his age. His beloved and devoted mother is ill. He has little in common with his imperious grandmother. His father has resettled thousands of miles away. But Conor finds a most unlikely ally when the Monster appears at his bedroom window one night. Stars Liam Neeson, Lewis MacDougall, and Felicity Jones. Rated PG-13. Running Time: 108 minutes.

Thursday, June 29, 7 p.m. — Movie — “Moana” — In ancient Oceania, in the South Pacific, the young Moana, a born navigator, sets sail in search of a fabled island. During her journey, she teams up with her hero, the legendary demi-god Maui. Auli’i Cravalho and Dwayne Johnson star in this animated feature film. Rated PG. Running Time: 113 minutes.

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ART and CULTURE

Montgomery Art Association exhibits its creative expressions

The Montgomery Art Association will hold a juried exhibit titled "Creative Expressions 2017" at the Friendship Gallery in June.

This year's judge, Millie Shott, is a well-known local artist and art teacher who currently serves as curator of exhibits at the Friendship Heights Village Center. She served for 20 years as director of Spectrum Gallery and was the founder of the Annual Chevy Chase Women's Club Art Show, which is in its 42nd year of operation. In October 2015 the Arts Council of Montgomery County presented her with the Lifetime Achievement in the Arts Award for her contributions to the arts. She is a resident artist at Artists & Makers Studios in Rockville.

MAA, whose members come from the entire metropolitan area, is in its 63rd year of operation. The organization sponsors regular lectures and artist demonstrations, member exhibits, museum field trips, an online Members Gallery, and community outreach. The exhibit runs through June 24. All are invited to meet the

artists at a reception on **Sunday, June 4, 11:30 a.m. to 1:30 p.m.**

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to

2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Blossoms in the Fog" by James Vissari

Last chance for art camp

Don't miss out on the opportunity for your child to tap into his or her inner Picasso during our week-long summer art camp **Monday, June 26, through Friday, June 30, from 9:30 a.m. to 1 p.m.** at the Friendship Heights Village Center. The deadline to sign up is Tuesday, June 20, and space is limited.

Campers ages 6 through 12 complete a variety of fine-arts projects including painting, origami, Chinese brush, pastels, pottery, photography and jewelry.

Children must have completed kindergarten to attend. The cost is \$250 per child. Sign up at the Village Center. For information, call the Village Center at 301-656-2797.

More art news

There's still time to create a painting, sculpture or photograph for the Center's July "Pets on Parade" art show! Dogs, cats, fish, snakes, birds — whatever your favorite pet is — are appropriate subjects. Cash prizes will be awarded to the winners. Look for an application in the lobby of the Village Center.



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Friendship Heights
Village Center



Calendar
of Events 2017

J U N E						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Friendship Heights Neighbors Network (FHNN), June 2017 EVENTS Tuesday, June 13, 7 — 8:30 p.m.: VIDEO AND DISCUSSION ON HEALTH CARE in the Elizabeth Party Room. There will be a video presentation of “FIX IT: Healthcare at the Tipping Point” preceded and followed by discussion about Medicare for All: single payer health care, by David L. Rabin, MD, MPH, Research Professor, Health Care Studies, Georgetown University School of Medicine. For future FHNN programs and membership information, including details on a bonus for joining before June 30, please go to the website, www.fhneighbors.org , or call 240-620-3285.				1 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: “Miss Sloane”	2 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 7 – 9 p.m.: Swing Dance	3 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
4 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	5 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 7:30 p.m.: Book Signing with Joan Nathan: “King Solomon’s Table”	6 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	7 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Frauds and Scams Against Seniors 5:30 p.m.: Community Advisory Committee — open to the public 7 p.m.: Concert: Tommy Cecil and Robert Redd	8 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: “The Founder”	9 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	10 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
11 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	12 9:30 a.m.: Tai Chi (new start time) 10 a.m.: Great Books 12:30 p.m.: Bridge Club 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING — open to the public	13 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	14 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: Tipping the Scale to Health 1 p.m.: All in the Eyes 2:30 p.m.: Depart for Nationals Game 7 p.m.: Concert: Machaya Klezmer	15 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book signing with Deborah Tannen	16 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	17 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m. – 1 p.m.: AED/ CPR class 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
18 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	19 9:30 a.m.: Tai Chi 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 3 p.m.: Coffee and Concert: John Eaton 7 p.m.: Café Muse	20 8:15 a.m.: Walking Club 10 a.m.: Caregivers Support Group 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	21 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 2 p.m.: Montgomery College Theater Showcase 7 p.m.: Concert: Divas Divine	22 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: “A Monster Calls”	23 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	24 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
25 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	26 9:30 a.m. to 1 p.m.: Children’s Art Camp	27 8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children’s Art Camp	28 9:30 a.m. to 1 p.m.: Children’s Art Camp 12 p.m.: Chess group 7 p.m.: Concert: IONA	29 8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children’s Art Camp 7 p.m.: Movie: “Moana”	30 9:30 a.m. to 1 p.m.: Children’s Art Camp	

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Last call for baseball!

A few tickets remain for the Washington Nationals game against the Atlanta Braves on **Wednesday, June 14**. We will leave the Village Center at 2:30 p.m. and return around 8 p.m. The cost of the trip, which includes a covered seat in Section 135 (field level), transportation and driver gratuity, is \$65. The trip involves minimal walking and just four steps down to the seats.
The Nationals won the NL East championship last September and are hoping for another winning season.
Let’s go Nats!





CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 6-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., July 7 – Aug. 18. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Ms. Samworth at 301-346-7238 to discuss. Maximum number is 10. The cost is \$122 for residents; \$132 for nonresidents. Class will not meet July 28.

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskell. Thursdays, 6:45 to 8:45 p.m., June 8 – Aug. 17. \$60 for residents; \$80 for nonresidents. Class will not meet June 29.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter. Wednesdays, 1 to 3 p.m., June 7 – July 19. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Beginning with the eyes, the class is coached to develop their skills by looking into the soul of their model. This class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents. Class will not meet June 28.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry,

Saturdays from 10:30 a.m. to 1:30 p.m., July 8 – Aug. 26, \$120. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Class will not meet July 1.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry. Saturdays from 9:30 to 10:30 a.m., July 15 – Aug. 19, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive.

STILL LIFE AND BEYOND

A 7-week class, taught by Joan Samworth. Thursdays, 11 a.m. — 2:30 p.m., June 22 — Aug. 17. \$130 for residents; \$140 for nonresidents. This summer the still life students will explore new ideas within their own sketch books. This is a personal space for thinking, researching and recording observations. Joan will present various materials, techniques and ideas to inspire new work; participants will choose the subject matter. Recommended materials include a sketch book that will accept watercolor and pen and ink. Class will

not meet June 29 and July 27 (note change since May newsletter).

EXERCISE AND DANCE

BALANCE, MOVEMENT AND MEMORY

A 5-week class, Fridays, 10:30 to 11:30 a.m., July 7 – August 4. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$55 for residents; \$60 for nonresidents.

DANCE FOR HEALTH

A 6-week class, Thursdays, 9:30 to 10:30 a.m.; June 1 – July 13, taught by Rima Faber. Low-impact aerobics, stretching and strengthening to music, fostering oxygenation of the brain, and promoting better balance. The class will incorporate elements of ballet and healthy movement practices for alignment, range of movement, and moving with ease. Minimum of 10. \$65 for residents; \$70 for nonresidents. Class will not meet June 29.

DC TAI CHI

A 6-week class, Mondays, 9:30—10:30 a.m. (note slight change in time), June 12 – Aug. 7. Taught by internationally recognized Master Nick Gracenin. Will introduce the essentials of traditional Tai Chi and Qigong and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$65 for residents; \$70 for nonresidents. Visit www.dctaichi.com for more information. Class will not meet June 26, July 3 and 24.

MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., July 11 – Aug. 15. Pilates movements tone the body from “the inside out” bringing about core strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. A minimum of eight students — registered by July 10 — is required.

YOGA

A 6-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman. Sundays from 9:10 to 10:30 a.m., July 9 – Aug. 13. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$82 for residents; \$88 for nonresidents.

FIRST AID

AED/CPR

NEW!

One-day course on CPR and Automated External Defibrillator (AED), taught by Suburban Hospital, Saturday, June 17, 9:30 a.m. — 1 p.m., \$45 (includes a textbook), a minimum of six participants is required. Learn the latest AED training and lifesaving techniques. This course is designed for laypeople looking for a CPR credentialed course. Minimum age is 15.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays

from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to

stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

TEA

Hot beverages, cookies, assorted pastries and fruit are served by Village volunteers Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome. See page 5 for details.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. to walk. Call Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for more information.

Dumbarton, continued from page 1

The Byzantine collection features examples of religious and secular items. The Pre-Columbian works represent the Aztec, Maya, Inca and Olmec.

The trip, which includes round-trip transportation and guided tour, is \$35.

Sign up at the Village Center immediately. The deadline to sign up is Wednesday, June 28.

Stop by the Center for coffee and doughnuts at 10:15 before we depart at 10:45 a.m. We should return to the Center by 2 p.m.

There are 29 spaces available.

CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in the park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors to Huntley Hall in the Village Center.

Wednesday, June 7—Tommy Cecil and Robert Redd— Bassist Tommy Cecil and pianist Robert Redd team up to kick off our summer concert series with an evening of jazz standards.

Wednesday, June 14—Machaya Klezmer — One of the area's premier klezmer bands, Machaya performs this style of music that is inherently Jewish in nature. The word klezmer comes from two Hebrew words, *clay* and *zimmer*, meaning vessel of music or song. The idea is that the instrument, such as the violin or clarinet, takes on human characteristics like laughing or crying.

Wednesday, June 21—Divas Divine — Three glamorous sopranos present a variety of music from opera and Broadway.

Wednesday, June 28— IONA — IONA's music is a unique, acoustic weave of traditional music of Scotland, Ireland, Wales, Cornwall, Brittany and Spain that blends songs and dance tunes, into a tapestry. Conceived in 1986, IONA was the musical offspring of lead singer bouzouki, guitar and bodhran player Barbara Ryan and wind section Bernard Argent. They are joined by Jim Queen on banjo and Chuck Lawhorn on bass guitar.

Jazz, Blues and Broadway with John Eaton

Enjoy a special afternoon concert when pianist extraordinaire John Eaton performs music from the vast treasure trove of American popular song and jazz on **Monday, June 19, at 3 p.m.** at the Village Center.

The one-hour concert will feature composers including Duke Ellington, Irving Berlin, Jerome Kern, Hoagy Carmichael, and other greats.

Mr. Eaton is considered one of the foremost interpreters of American music. In addition to performing for many years, he teaches a very popular series of classes titled "American Songwriters" at the the Friendship Heights Village Center. His class will return to the Center in the fall.

After the concert please stay for coffee and cookies. RSVP by calling 301-656-2797



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A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones
- Do not take food or drink into the auditorium
- Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.



TO YOUR HEALTH

Tipping the scale to health

There are many factors that can cause unwanted weight gain in older people. By adopting a few lifestyle changes, you can maintain and improve your health while also shedding unwanted pounds. Suburban Hospital's registered dietitian, Jill Johnson, will help you get started achieving a healthy body through nutrition, exercise and behavioral skills at this month's health lecture at the Village Center on **Wednesday, June 14, at 1 p.m.**

Please call 301-656-2797 to let us know if you plan to attend.

AED/CPR training at the Center

The Village Center will offer a one-day course on CPR and Automated External Defibrillator (AED) on **Saturday, June 17, from 9:30 a.m. to 1 p.m.** Taught by a staff member of Suburban Hospital, the course is designed for laypeople looking

for a CPR credentialed course. The minimum age for participants is 15. There's no maximum age! If you can't kneel on the floor, you can practice on a mannequin on a table. The cost is \$45 and includes a textbook. Sign up today at the Center.

Protect yourself against scams

Keeping Seniors Safe (KSS) is an award-winning program, developed by the Montgomery County Police Department, to increase awareness of safety issues within the senior community and to provide guidance and resources. Come to the Village Center on **Wednesday, June 7, at 1 p.m.,**

and learn about frauds and scams targeting seniors. Topics covered will include telemarketers, fake charity solicitations, foreign sweepstakes, tech support scams, "grandparent scams," identity theft and on-line and mall shopping. RSVP by calling 301-656-2797.

Our Listings in the Friendship Heights Community

FOR SALE

5600 Wisconsin Ave. #1603
\$2,775,000: 2 BR + Den, 2.5 BA,
Updated, 2 Balconies; 2,899 SqFt

5610 Wisconsin Ave. #1102
\$2,595,000: 2 BR + Den, 2.5 BA,
Renovated, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #607
\$2,399,000: 2 BR + Den, 2.5 BA,
Updated, 2 Balconies; 2,856 SqFt

5630 Wisconsin Ave. #706
\$1,950,000: 2 BR + Den, 2 BA,
Balcony; 1,814 SqFt

4301 Military Rd. NW. #202
\$1,395,000: 2 BR, 2 BA,
Private Terrace; 1,906 SqFt

FOR RENT

5600 Wisconsin Ave. #204
\$2,950/mo: 1 BR, 1.5 BA,
Balcony; 1,141 SqFt



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Café Muse presents...

This month's Café Muse, on **Monday, June 19**, will feature poets Karren Alenier and Nancy White.

Karren Alenier is author of seven collections of poetry, including "Looking for Divine Transportation," winner of the 2002 Towson University Prize for Literature, and her latest collection, "The Anima of Paul Bowles," which was selected as top staff pick by the Grolier Bookshop (Boston) for 2016. "Gertrude Stein Invents a Jump Early On," her jazz opera with composer William Banfield and Encompass New Opera Theatre artistic director Nancy Rhodes, premiered at New York City's Leonard Nimoy Thalia at Symphony Space in June 2005.

Nancy White's first book, "Sun, Moon, Salt," won the Washington Prize for poetry; her second, "Detour," came out in 2010, and her third, "Ask Again Later," is due out this spring. She publishes in a range of literary journals and has been a fellow at MacDowell Colony and the Fine Arts Work Center in Provincetown and has taught at Bennington College and at SUNY Adirondack where she founded the creative writing program and is co-editor-in-chief and president at The Word Works based in Washington, D.C.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open

reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored programs for more than 35 years. For information, visit www.wordworksdc.com.

Coming up: July 17 — Jennifer Barber and Jayne Benjulian.

Save the Date

Oct. 10 — Oct. 11, 2017

Brandywine and Broadway

Visit DuPont estates, spend the night and dine at the elegant Hotel DuPont, and enjoy "War Paint," nominated for four Tonys. Look for details in the July *Village News*!



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Assigned Parking Space
Offered at \$675,000



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APT 308 – 2BR/2BA**

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Assigned Parking Space
Offered at \$485,000

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**THE CARLETON
APT 505 – 2BR+DEN/2.5BA**

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2 Assigned Parking Spaces
Sold at \$1,075,000



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**THE CARLETON
APT 912 – 2BR+DEN/2BA**

Complete Renovation
1,540 Sq Ft Corner Unit
2 Assigned Parking Spaces
Sold at \$995,000

FOR RENT

**4620 North Park
Apt 505E – 3BR/2.5BA**

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June 2017 events calendar